

WEEKLY SHOPPING LIST

SUN

FALAFEL SALAD

- 6 cups spring mix, or desired lettuce
- ¼ small red onion
- 1 cup sliced cucumber
- 1 cup sliced cherry tomatoes
- 4 cups diced carrots
- 1 lemon
- 1 orange
- 3 cloves garlic
- ⅔ cup cilantro leaves
- 2½ cup cooked chickpeas
- 2 tablespoons flour
- ⅛ teaspoon cayenne pepper
- 1½ teaspoon cumin
- ½ cup tahini



MON

GOLDEN LENTIL SOUP

- 1 large onion
- 4 large garlic cloves
- 1 large bunch swiss chard or kale
- 2 medium carrots
- 2 stalks celery
- 2 tsp ground cumin
- 1½ tsp dried thyme
- 1 tsp ground turmeric
- 1 (14-oz) can of diced tomatoes
- ¾ cup dry French green or brown lentils
- 4 cups low-sodium vegetable broth
- 1 to 2 teaspoons white wine vinegar
- ½ cup raw cashews, or ¼ cup plus 2 tablespoons raw sunflower seeds



TUES

PESTO SPAGHETTI SQUASH

- 3 to 4 spaghetti squash (1 squash per 2 people)
- 1 large crown broccoli
- ⅔ cup raw pumpkin seeds
- 2 large cloves garlic
- ⅔ cup olive oil
- ½ cup parmesan cheese (optional)



WED

ONE POT SPINACH DAL

- 1 yellow onion
- 2 jalapeños
- 2-inches fresh ginger
- 3 garlic cloves
- 10 ounces spinach leaves
- fresh cilantro for serving
- 3 tablespoons high heat oil (like sunflower)
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 teaspoon turmeric
- ½ teaspoon coriander
- ¼ teaspoon cayenne
- 1 (15 ounce) can of diced tomatoes
- 1 cup yellow split peas
- whole grain naan and brown basmati rice for serving

THUR

WINTER FATTOUSH SALAD

- 1 large sweet potato
- 1 pomegranate
- 2 persimmons
- 1 apple
- 1 meyer lemon
- 5 oz spinach and romaine mix
- ½ cup sliced almonds
- 2 tsp sumac
- ½ tsp red pepper flakes
- 2 pitas, cut into bite-sized pieces
- 4 oz feta cheese, crumbled (optional)